A CORRELATIONAL STUDY TO EXAMINE THE RELATIONSHIP BETWEEN AGGRESSION OF ADOLESCENTS AND THEIR PARENTAL BEHAVIOR AMONG ADOLESCENTS OF SENIOR SECONDARY SCHOOLS OF DISTRICT PANIPAT

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ABSTRACT

Adolescence is a period of developing knowledge and skills, learning to manage emotions, and acquiring qualities and abilities that will be important for enjoying adolescence and assuming adult roles. Boys have been found to be more aggressive than girls. A quantitative research approach and a non-experimental research design were used to correlate aggression and parental behaviour. The samples were selected using the non-probability sampling method. Study setting was the Schools in rural areas of Panipat wherefrom subjects were selected. The total sample size in the study was 100. The instruments for data collection were the Aggression Scale (Buss & Perry, 1992) and the Standardized Multidimensional Parenting Scale by Chauhan, N. S., & Khokhar, C. P (1997). The method of data analysis was descriptive and inferential statistics. Most of the subjects 35 (35.0%) had physical aggression, 30 subjects (30.0%) showed verbal aggression. There were 25 (25.0%) subjects who were angry. Hostility was observed in 15 (15.0%). Most of the subjects' parents 42 (42.0%) had lax behaviour, over reactivity was observed in 24 (24.0%), hostility was observed in 14 (14.0%), proactive parents are 20 (20.0%). The data show that there is a high prevalence of aggression among adolescents and boys are more aggressive than girls. However, girls show high indirect aggression at the secondary school level.

Keywords: *Aggression, Parental Behavior, Adolescents, School-going*

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INTRODUCTION

Aggressive and violent behavior of one human being towards another is not a new phenomenon. It was prevalent among our hunter-gatherer ancestors thousands of years ago and is still prevalent in almost every society today.[1] According to Myer (1988), aggression can be expressed in seven different forms, including: predatory, inter-male fear-induced, irritable anger, territorial, Maternal/Paternal and Instrumental. In terms of positive and negative value, aggression can also be divided into two types, namely hostile aggression and instrumental aggression. Hostile aggression (reactive aggression) is perceived as impulsive, thoughtless, arising from anger and harming others. Instrumental aggression can be understood as drive or motivation because it is proactive and is conceived as a premeditated means to achieve some goal (Berkowitz, 1993 and Geen, 2001).[2] Adolescence is the most important period of human life. It is the period of years during which boys and girls move from childhood to adulthood mentally, emotionally, socially and physically. This period has been portrayed as one of emotional turmoil. Instead of passively adapting to obstacles by developing defeatist attitudes, many adolescents respond aggressively to a source of frustration. [3] Adolescent aggression has been defined as harmful behaviour that violates social conventions and may include behavioural traits such as the deliberate intent to harm and injure another individual or an object. Behavioural characteristics of adolescents are significantly influenced by parenting or the environment they receive at home. [4] Adolescents are strongly influenced by their parents. The quality of the parent-adolescent relationship is perhaps the most important single determinant of "adolescent attitudes and behaviour." Most of the time, parents' attention is focused on meeting the needs of the whole family, and very little attention is paid to the growing needs of adolescents, which cause their behaviour to become problematic. Parents are unable to understand this kind of problematic behaviour and rebellious attitude of their children and feel helpless when confronted with their assertion of independence.[6]

NEED FOR THE STUDY

With the changing times and modernisation of society, there is a significant increase in the cases of aggression/ violence among youths and adolescents, which are more often observed in boys compared to girls; because this phase of life is the most important for personality development.[8] However, our young generation is wasting its golden age in aggressive activities, violence and involvement in crimes. Moreover, the aggression and irritability of this age are overlooked and never given adequate attention, making them more frustrated. The physical and psychological changes taking place in this age group are drastic in nature and not easy to cope with. Disrupted relationships with parents, teachers, elders and peers, academic under-achievement compared to high expectations, curiosity to explore sexual practices and substance abuse are the main triggers of psychological discord in youth. The above factors directly or indirectly lead to emotional crisis - not only in the form of aggression, but also as psychological morbidity.[9] Deteriorating social and moral values among the builders of the start-up society led researchers to focus on aggression among youth not only in India but also worldwide. In the Indian context, there is a need for proper assessment of youth for aggression and development of prevention and intervention modules for the youth. This study was planned in view of the increasing number of violent acts among teenagers and the lack of due attention given to this issue, and also to find out the associated risk factors for aggressive behaviour of youth. [10] Society has seen an increase in cases of aggression/ violence among the youth. It includes behaviours such as slapping, hitting, rape, recklessness, driving, school shootings, truancy, road rage, and other high-risk behaviours. Almost 18.6% of women aged 12-17 have had a serious fight at school or at work. 14.1% had participated in gang fighting and 5.7% had attacked another person with the intention of seriously harming the person.[19] In India, researchers have looked at factors such as perceived popularity among peers, romantic relationships.[11]

STATEMENT OF THE PROBLEM

"A correlational study to examine the relationship between aggression of adolescents and their parental behavior among adolescents of senior secondary schools of District Panipat"

OBJECTIVES OF THE STUDY

1. To assess the aggression level among adolescents.
2. To assess the parental behaviour of the parents of the adolescents.
3. To correlate aggression level and parental behaviour of the parents of the adolescents.
4. To associate aggression level with the selected socio–demographic variables of the adolescents.
5. To associate parental behaviour of the parents of the adolescents with the selected socio– demographic variables of the adolescents.

ASSUMPTIONS

1. Aggressive behaviour is common during adolescent period.
2. Parental behaviour has a significant role on preventing and causing aggressive behaviour.

OPERATIONAL DEFINITIONS

- **Examine:** It refers to the assessment of the adolescent's aggression and their parental behaviour.
- **Relationship:** It means the correlation found between the variables such as aggression and parental behaviour.
- **Aggression:** A forceful action or procedure (such as an unprovoked attack) by adolescents in the study especially when intended to dominate or control, as measured by aggression scale.
- **Parental Behaviour:** The procedure involved in preparation for the behaviour of one or both parents to assist in the survival or welfare of their children.
- **Adolescents:** It refers to persons between 10 and 19 years of age.
- Senior Secondary School – it refers to the educational institution in Panipat, having classes between VI standard to XII standards.

DELIMITATIONS

The study was delimited to the following —

1. Sample size was 100 adolescents only.
2. The period of study was just for 4 weeks only.

RESEARCH METHODOLOGY

Research approach: Quantitative research approach was considered as an appropriate research approach for the present study.

Research design: The research design selected for the present study was non-experimental design. Correlational research design was adopted in this study.

Setting of the study: The study was conducted at a selected senior secondary school in Panipat situated at a distance of 5 kilometres from Ved Nursing College – Panipat.

Population: In this present study, the population consists of adolescents.

Sample & sample size: The sample of the study was adolescents who fulfilled the sample criteria.

Criteria for Sample Selection —

Inclusion Criteria:

1. The samples who were studying in selected Senior Secondary Schools in Panipat
2. The samples are available during the study.
3. Samples who will be studying in class between VI to XII Standard

Exclusion criteria:

1. Samples who were not studying in the selected school.
2. Samples who were absent during the time of data collection.
3. Samples who were not willing to participate in the present study

Sampling techniques & samples size: In this study non-probability, convenient sampling technique was used & sample size was 100.

Description & interpretation of tools: The researcher prepared tools and sent for content validation to four nursing experts and medical personnel. According to their suggestions and recommendations necessary corrections were made.

Modified tools were used for data collection. It has the sections as laid down below.

Analysed data are organised and described under various sections. This chapter presents the analysed data under the following sections —

Section–A: Distribution of subjects according to socio-demographic variables

Table–I: Frequency and Percentage Distribution of Subjects according to Socio-Demographic Variables.

Section – B: Distribution of subjects according to level of aggression and parental behaviour

Table – II: Frequency and Percentage Distribution of Subjects According to Level of Aggression

Table–III: Frequency and Percentage Distribution of Subjects According to Parental behaviour

Section–C: Distribution of subjects according to correlation between aggression and parental behaviour

Table–IV: Level of Correlation between aggression and parental behaviour

Section–D: Level of association between level of aggression and selected demographic variables
Table–V: Level of association between levels of aggression and selected demographic variables.
Section – E: Level of association between level of parental behaviour and selected demographic variables
Table–VI: Level of association between level of aggression and selected demographic variables.

Section - A

Table – I: Frequency and Percentage Distribution of Subjects according to Socio-Demographic Variables

(n= 100)

Sl. No.	*Socio-Demographic Variables*			*Frequency*	*Percentage*
1.	Age (Years)	a.	15	18	18.0
		b.	16	48	48.0
		c.	17	34	34.0
2.	Gender	a.	Male	54	54.0
		b.	Female	46	46.0
3.	Class of Education	a.	X	36	36.0
		b.	XI	29	29.0
		c.	XII	35	35.0
4.	Religion	a.	Hindu	84	84.0
		b.	Muslim	7	7.0
		c.	Sikh	9	9.0
5.	Type of Diet	a.	Vegetarian	84	84.0
		b.	Non–Vegetarian	9	9.0
		c.	Eggetarian	7	7.0
6.	Place of domicile	a.	Rural	100	100.0
7.	Father's Education	a.	No formal education	0	0.0
		b.	Primary	10	10.0
		c.	Secondary	15	15.0
		d.	Diploma	55	55.0
		e.	Degree	20	20.0
8.	Mother's Education	a.	No formal education	12	12.0
		b.	Primary	48	48.0
		c.	Secondary	40	40.0
9.	Father's Occupation	a.	Agriculture	46	46.0
		b.	Self employed	24	24.0
		c.	Private employed	18	18.0
		d.	Unemployed	12	12.0
10.	Mother's Occupation	a.	Homemaker	87	87.0
		b.	Self employed	3	3.0
		c.	Private employed	10	10.0

Table - I depicts the frequency and percentage distribution of subjects according to socio-demographic variables.
With regard to age of the subject's majority of the subjects 48 (48.0%) were in age 16 years, subjects in 17 years of age were 34 (34.0 %) and subjects in 15 years were 18 (18.0%)
Gender of the subjects reveals that majority were males 54 (54.0%) and females in the study were 46 (46.0%).

Class of education of the subjects in the study show that majority were in X class 36 (36.0%), subjects who were studying XII class were 35 (35.0%) and subjects who were in XI class were 29 (29.0%)
With regard to religion of the subject's majority were Hindus 84 (84.0 %), Sikhs were 9 (9.0%) and Muslims were 7 (7.0%).
Type of diet of the subjects in the study depict that an overwhelming majority of the subjects 84 (84.0%) are vegetarian. Those who were non-vegetarian are 9 (9.0%).
All the subjects in the study were from rural area 100 (100.0%)
Father's education of the study subjects revealed that majority studied up to diploma level 55 (55.0%) and those who were with degree education were 20 (20.0%).
Mother's educational status shows that majority were with primary education 48 (48.0%) and subjects' mothers who were with secondary education were 40 (40.0%)
With regard to the subjects' fathers' education in the study, majority 46 (46.0%) were in agriculture and those self-employed were 24 (24.0%)
The study subjects' Mothers' occupations show that majority were homemakers 87 (87.0%) those who were employed in private job were 10 (10.0%)

Section - B: Distribution of subjects according to level of aggression and parental behaviour

Table - II: Frequency and Percentage Distribution of Subjects according to Level of Aggression (n= 100)

Sl. No.	Aggression	Frequency	Percentage
1.	Physical Aggression	35	35.0
2.	Verbal Aggression	30	30.0
3.	Anger	25	25.0
4.	Hostility	15	15.0

Table –II depicted the frequency and percentage distribution of subjects according to level of aggression.
Majority of the subjects 35 (35.0%) were having physical aggression; subjects who show verbal aggression were 30 (30.0%). Those subjects who were with anger were 25 (25.0%) and hostility was seen among 15 (15.0%)

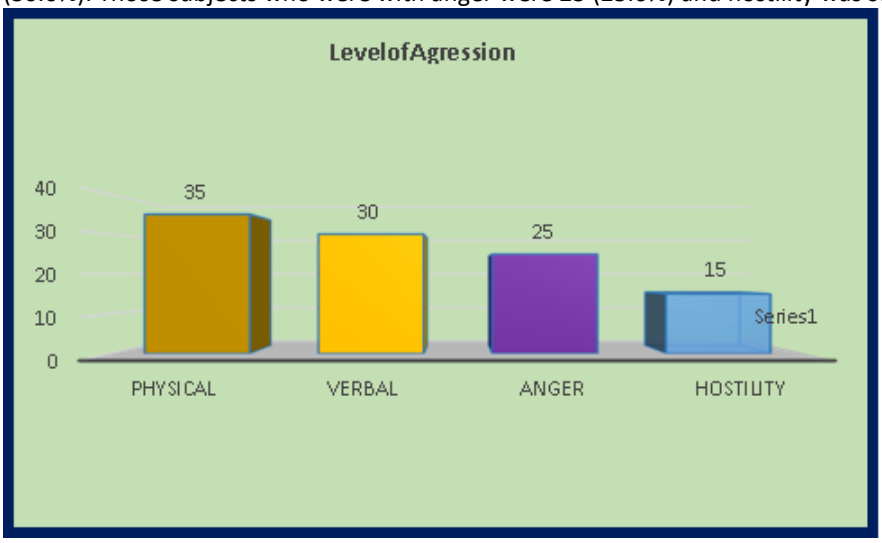

Figure - 1: Percentage distribution of subjects according to level of aggression

Table - III: Frequency and Percentage Distribution of Parental Behaviour of the Parents (n= 100)

Sl. No.	Aggression	Frequency	Percentage
1.	Laxness	42	42.0
2.	Over-reactivity	24	24.0
3.	Hostility	14	14.0
4.	Pro-Active	20	20.0

Table - III depicted the frequency and percentage distribution of subjects according to parental behaviour. Majority 42 (42.0%) of the subjects' parents were having laxness in behaviour, over-reactivity was seen in 24 (24.0%), hostility was seen among 14 (14.0%) and parents who were proactive are 20 (20.0%).

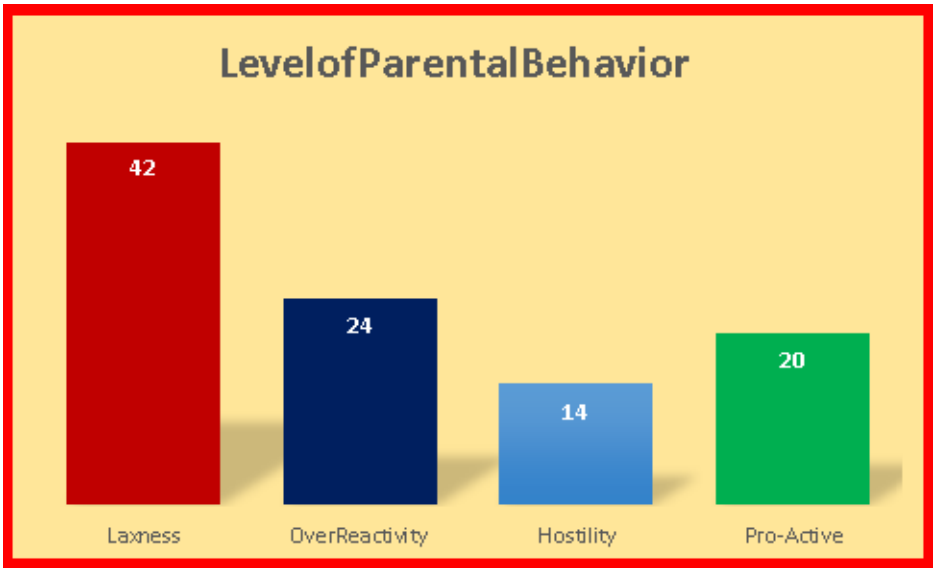

Figure - 2: Percentage distribution of subjects according to Parental Behaviour

Section - D: ***Level of association between level of aggression and selected demographic variables***

Table - IV: Correlation between Level of Aggression and Parental Behaviour of parents

(n= 100)

Variables	Mean	Standard Deviation	Karl Pearson Correlation Co-Efficient Value	Type of Correlation
Aggression	28.45	14.26	0.78	Moderate Positive Correlation
Parental Behaviour	24.56	11.38		

Table - IV depicts the correlation between level of aggression and parental behaviour of parents. The mean and standard deviation scores for aggression were 28.45 + 14.26, whereas the mean and standard deviation scores of parental behaviours were 24.56 + 11.38. The Karl Pearson Correlation Co-efficient value was 0.78 which indicates moderate positive correlation between aggression and parental behaviour.

Sections – E: Level of association between level of parental behaviour and selected demographic variables

Table - V: Level of Association between Aggression and Selected Socio-Demographic Variables of the Subjects

(n= 100)

Sl. No.	*Variables*		*Laxness*	*Over Reactivity*	*Hostility*	*Hostility*	*Pro-Active*	*P-Value*
1.	Age (Years)	a. 15	7	14	8	8	9.46	2.789 Not significant
		b. 16	10	10	7	8		
		c. 17	13	14	20	14		
2.	Gender	a. Male	15	19	16	19	7.84	6.485 Not significant
		b. Female	15	21	19	21		
3.	Class of Education	a. X	9	12	9	12	14.40	10.486 Not significant
		b. XI	7	14	7	14		
		c. XII	19	14	19	14		
4.	Religion	a. Hindu	20	18	20	18	21.80	11.025 Not significant
		b. Muslim	8	11	8	11		
		c. Sikh	7	11	7	11		
5.	Type of Diet	a. Vegetarian	25	28	25	28	14.50	7.492 Not significant
		b. Non–Vegetarian	5	6	5	6		
		c. Eggetarian	5	6	5	6		
6.	Father's Education	a. No formal education	0	0	0	0	13.40	4.596 Not significant
		b. Primary	12	15	12	15		
		c. Secondary	16	14	16	14		
		d. Diploma	4	4	4	4		
		e. Degree	3	7	3	7		
7.	Mother's Education	a. No formal education	14	18	14	18	18.20	4.596 Not significant
		b. Primary	11	12	11	12		
		c. Secondary	10	10	10	10		
8.	Father's Occupation	a. Agriculture	12	15	12	15	20.40	4.789 Not significant
		b. Self employed	8	19	8	19		
		c. Private employed	8	3	8	3		
		d. Unemployed	7	3	7	3		
9.	Mother's Occupation	a. Homemaker	24	10	24	10	10.45	10.456 Not significant
		b. Self employed	6	12	6	12		
		c. Private employed	5	18	5	18		

'P' Value less than 0.05 in the above table shows the Level of Association between Agression and Selected Socio-Demographic Variables of the Subjects.

It was interpreted from the above table; there was no statistically significant association between aggression and socio-demographic variables.

Table - VI: Level of Association between Parental Behaviour and Selected Socio-Demographic Variables of the Subjects

(n= 100)

Sl. No.	*Variables*		*Physical*	*Verbal*	*Anger*	*Hostility*	*Chi-Square*	*P-Value*
1.	Age (Years)	a. 15	8	8	8	8	9.46	1.465 Not significant
		b. 16	7	8	7	8		
		c. 17	20	14	20	14		
2.	Gender	a. Male	16	19	16	19	7.84	7.492 Not significant
		b. Female	19	21	19	21		
3.	Class of Education	a. X	9	12	9	12	14.40	12.492 Not significant
		b. XI	7	14	7	14		
		c. XII	19	14	19	14		
4.	Religion	a. Hindu	20	18	20	18	21.80	5.485 Not significant
		b. Muslim	8	11	8	11		
		c. Sikh	7	11	7	11		
5.	Type of Diet	a. Vegetarian	25	28	25	28	14.50	7.492 Not significant
		b. Non–Vegetarian	5	6	5	6		
		c. Eggetarian	5	6	5	6		
6.	Father's Education	a. No formal education	0	0	0	0	17.70	12.487 Not significant
		b. Primary	12	15	12	15		
		c. Secondary	16	14	16	14		
		d. Diploma	4	4	4	4		
		e. Degree	3	7	3	7		
7.	Mother's Education	a. No formal education	14	18	14	18	18.20	4.596 Not significant
		b. Primary	11	12	11	12		
		c. Secondary	10	10	10	10		
8.	Father's Occupation	a. Agriculture	12	15	12	15	14.90	3.874 Not significant
		b. Self employed	8	19	8	19		
		c. Private employed	8	3	8	3		
		d. Unemployed	7	3	7	3		
9.	Mother's Occupation	a. Homemaker	24	10	24	10	15.40	12.142 Not significant
		b. Self employed	6	12	6	12		
		c. Private employed	5	18	5	18		

'P' Value less than 0.05 in the above table shows the Level of Association between Parental Behaviour and Selected Socio-Demographic Variables of the Subjects.

It was interpreted from the above table that there was no statistically significant association between Parental Behaviour and socio-demographic variables.

IMPLICATIONS OF THE STUDY

The finding of the study has implication in several aspects of nursing practice, nursing education, nursing administration and nursing research.

Nursing practice:

- Nurses play an important role in detecting aggressive behaviour among adolescents.
- Nurses can teach aggressive adolescents about the harmful effects of adolescence.
- Nurses are responsible for structuring interventions for the aggressive adolescents in order to modify their personality

Nursing Education:

- Nursing curriculum must involve lessons on aggression and parental behaviour.
- Nurse educator should plan for classes for adolescents to manage anger and aggression.
- Nurse educators must give appropriate study materials for the adolescents regarding management of aggression and developing good parental behaviour.

Nursing Administration:

- Nurse administrators should organise school health programmes which aims to identify aggressive adolescents.
- Nurse administrators are in a position to plan and organise workshop for adolescents regarding management of aggression and development of good parental behaviour.

Nursing Research:

- Nurse researchers should create a database regarding prevalence of aggression in adolescents in their nearby schools.
- Nurse researchers can conduct different researches to identify and intervene in aggressive behaviour modification.
- Nurse researchers should develop effective plan for management of aggressive behaviour in adolescents.

LIMITATION

- Study was conducted in one school, so the results of the study can be generalised to the selected setting only.
- Data were collected from 100 adolescents only.
- No interventions were given to the adolescents who were detected with aggression.

RECOMMENDATIONS

1. A similar study can be repeated on larger samples in different settings.
2. This similar study can be conducted without limiting the duration of time.
3. Experimental study can be done to detect the effectiveness of interventions to control aggression.

CONCLUSION

The current study concludes that aggressive behaviour was very common among adolescents and parental behaviour has a significant influence in the development of aggressive behaviour in adolescents.

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